



# Refuge

## MAIN IDEA

- God is a place of safety for His people.

## MEMORY VERSES

(Choose one)

*The name of the LORD is a strong tower; the righteous man runs into it and is safe.*

—Proverbs 18:10

*God is our refuge and strength, a very present help in trouble.*

—Psalm 46:1

## SCRIPTURE

- 1) Psalm 18:2a
- 2) Psalm 34:22
- 3) Psalm 46:1
- 4) Psalm 59:16b
- 5) Psalm 61:3
- 6) Psalm 62:7
- 7) Proverbs 18:10
- 8) John 10:9a
- 9) John 14:1-3
- 10) 1 Peter 5:8b



## LESSON SUMMARY

When we think of a place of safety and shelter, we often think only in terms of physical protection from "natural" forces and events. But the more significant need for safety concerns our very souls. A deadly enemy is at work seeking to devour us—Satan and his spiritual forces of evil. Where can we find safety and protection from such a strong foe? The almighty God! He describes Himself as a rock, shield, fortress, shelter, strong tower, and mighty refuge for His people. Truly, for all those trusting in Jesus, we can confidently say that God is our refuge.

In this lesson, we focused on the life of David to see how this great warrior and king needed to depend on a safety and protection from his enemies that was beyond his limited abilities—he ran to God. Most of all, David needed a refuge from God's righteous anger because of his sinful heart. And in this too, there is only one place to run for safety—to God! By recalling some of David's words from the psalms, we showed that, time and time again, he ran to God as his perfect refuge.

## PRAYER POINTS

As you review this lesson with your child, pray...



- *that God would use the truths in this lesson to increase your own confidence in God.*
- *that your child would understand the surpassing need for spiritual shelter over that of physical safety, and that he or she would run to Jesus as a sure refuge in every situation.*

## As You WALK BY THE WAY

- Pose the following scenario: Suppose you were outside at the park and a huge storm suddenly came with high winds, lightning, and hailstones. **What would you try to do? Would standing under a tree be good? What about running to a car? A building? Can these things always keep you safe?**

Read and talk about Proverbs 18:10 and Psalm 46:1. Why is the protection that God gives much better than anything else? Was there a time in which you "ran to" God for safety and protection? What happened? Have there been any Bible verses that have helped you to feel God's help in a time of trouble?

- **Do you worry about physical harm? What makes it so scary? Do you ever worry about even more dangerous things, like Satan and**

evil and your own sin? Do you ever feel afraid of God? Why or why not?

Read Psalm 62:7. Do you think David was talking mainly about protection and safety for his body? What is "salvation"? [God saving someone from their sin; being saved from the right punishment we deserve from God because of our sin] How can a person receive this kind of refuge—being kept safe forever from God's anger at your sin? [through trusting in Jesus]

- Explain that God being a refuge means He will always keep safe what is most important. Even though God is able to keep our bodies from all harm, He is also wise and sovereign and may allow physical harm for our spiritual good. Even death is not harmful for a Christian, because it is the way in which God brings His people into the eternal refuge of heaven. Talk about some of the great promises found in John 14:1-3 or Romans 8:38-39 and have a time and prayer with your child.

#### ACTION STEP

This week, draw a picture of a strong tower on a stiff sheet of paper. Write out Proverbs 18:10 or Psalm 46:1 at the top of the tower. When you start to feel afraid of something, write it down or draw a picture of it on a Post-it Note®. Tape this in the space outside the tower. Then take a moment to pray to Jesus. Ask Him to be your refuge from this fear.

#### MEMORY VERSE ACTIVITY

Complete the verses with the words on the tower.

**The name of the \_\_\_\_\_  
is a \_\_\_\_\_; the righteous  
runs into it and  
is safe.—*Proverbs 18:10***

**\_\_\_\_\_ is our  
and  
\_\_\_\_\_,  
a very present \_\_\_\_\_  
in trouble.—*Psalm 46:1***

